



Wirral Wellbeing Campus is funded by the Skills Funding Agency to help people understand and manage common mental health disorders.

It is different to traditional, medical approaches and uses a learning approach to help people understand the effect that lifestyle has on mental health and how to develop and then sustain good mental health .

Everyone is enrolled as a learner, regardless of job title or status and there is no charge for participating in Wellbeing Campus sessions.

At the Wellbeing Campus, after an initial chat with a tutor, learners can access some core sessions, to learn about mental health conditions in general and then participate in some wellbeing sessions that will provide the opportunity to try a range of activities that support good mental health.

All the core sessions are four hours - two hours one week and two the following week. All sessions are taught in small groups, with no more than ten learners at any one time, in order to keep them friendly and welcoming and give learners the opportunity to disclose issues if they want to.

An important part of the Wellbeing Campus is that, as well as learning about Mental Health and doing something to help manage mental health conditions, learners are encouraged to work with other learners to support each other so that they can move on to other activities in the company of people that they already know.

The final, learning, session is around the 5Ways to Wellbeing, to support learners into making the transition from theory into practice.

Following the core sessions, learners then move on to 6 wellbeing sessions, in which they can carry out an activity in the company of some of the other learners: Lifelong Learning, the adult education branch of Wirral Council, provide us with experienced tutors, so the Campus can cater for a wide range of interests. The activity/wellbeing sessions are for 2 hours a week enable learners to participate in something enjoyable in the company of some new friends.

The expectation is that learners will spend 8 - 10 weeks with the Wellbeing Campus and then, in the company of friends that they have made during the programme, move on to participate in activities elsewhere in Wirral. For those learners who do not feel ready to move on, we facilitate them maintaining their activity group, but we withdraw the tutor, so that they can run it themselves as a self-help group, in our premises if they want.

In addition to the above sessions we hold a drop-in session every Tuesday, Wednesday and Thursday between 12-1pm and a relaxation session between 1-2pm on those days as well, all at our Bentinck Street base.

For further details, please ring us on 07599 872911.

There is no, formal referral process, but if professionals know of people who may benefit from the Campus, but who are anxious about making the initial contact with us, we are happy to contact them if we are provided with a phone number (with the person's permission, of course.)